

Mandarin Orange Chicken (Dorene's recipe)25

Number of Servings: 25 (198.59 g per serving)

Amount	Measure	Ingredient
25.00	ea	Chicken, broiler/fryer, breast, w/o skin, rstd
4.00	cup	Juice, orange
6.00	cup	Mandarin Oranges, cnd, w/juice
7.00	oz	Pimentos, cnd, slices
1/4	cup	Sugar, white, granulated
14.00	Tbs	Cornstarch

Nutrients per serving

Nutrition Facts			
Serving Size (199g)			
Servings Per Container			
Amount Per Serving			
Calories 210		Calories from Fat 30	
		% Daily Value*	
Total Fat 3g		5%	
Saturated Fat 1g		5%	
Trans Fat 0g			
Cholesterol 75mg		25%	
Sodium 110mg		5%	
Total Carbohydrate 16g		5%	
Dietary Fiber 1g		4%	
Sugars 11g			
Protein 28g			
Vitamin A 15%		Vitamin C 80%	
Calcium 2%		Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Marinate boneless chicken breasts overnight in refrigerator in orange juice made from frozen concentrate. Drain and save marinade juice. Brown chicken breasts on grill. Drain juice from mandarin oranges and combine with orange juice from marinade and save. Place chicken in baking pans and scatter mandarin orange segments and pimento over chicken. Combine cornstarch and sugar and slowly add and stir orange juice and mandarin orange juice. Cook over medium heat stirring constantly and bring to a simmer. Pour over chicken, oranges and pimento.

Bake in 350 degree oven for 1 hour or until done.

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Cooking :

- Cook to an internal temperature of 165 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Serve 1 chicken breast and #16 scoop sauce/serving

Each serving = 1 carb serving

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